

OSPA **Sunday** Meeting Format – Topic Meeting

11:00am to 12:00pm EST
OSPA Skype ID: ospa.odat

[Start of Meeting]

Hi, my name is _____ and I'm an obsessive skin picker.

I would like to welcome you all to the Meeting of Obsessive Skin Pickers Anonymous (OSPA) and would like to thank you all so much for being here!

Please help me open the meeting with a moment of silence, followed by the “we version” of the Serenity Prayer:

Serenity Prayer

*God, Grant us the Serenity to
Accept the things we cannot change
Courage to change the things we can
and Wisdom to know the difference.*

Welcome to OSPA, Obsessive Skin Pickers Anonymous! Whether you know it as Dermatillomania, Excoriation Disorder, or Compulsive or Obsessive Skin Picking, we too suffer from this debilitating, disfiguring disorder. Here in these rooms, however, we have discovered a solution, and through working the suggested simple program, attending meetings, reaching out to fellow skin pickers, and sponsorship, we have been granted the gift of abstinence, abstinence we never thought possible.

OSPA is a beacon of hope for the many sufferers who have battled repeated attempts to stop, the shame and remorse of relapse, the hideous scarring, and the social stigma of skin picking. Based on the 12 Step Program of Alcoholics Anonymous, and founded upon the concept of one skin picker helping another with an attitude of love and hope, OSPA is an answer to this disease, guides us towards a gentler way of life, and embraces the precious mantra “To thine own self be true.”

You, too, can recover as we have if you will join us, and put your hand in ours, on this incredible journey of mind, body, and spirit. You, too, can be free. Welcome to OSPA. Welcome Home!

Let's begin by introducing ourselves.

Newcomers: Is there anyone here for their first time at this meeting? If so, please say your first name so that we may welcome you.

[Member Introductions]

Participants of this meeting can be of service by offering to read the OSPA Preamble, 12 Steps, 12 Traditions, or Promises. The format and readings for this meeting can be found on our website and will be screen shared.

Would someone like to volunteer to read the OSPA Preamble?

The OSPA Preamble

Obsessive Skin Pickers Anonymous (OSPA) Worldwide Fellowship is a community of people who have found their way out of Excoriation Disorder's grip by working the OSPA program and engaging with the community support of the worldwide group. The primary premise and foundation of OSPA is the concept of one skin picker reaching out to another with an attitude of love and support. Through giving back to others what we are freely given we are finally able to recover from this devastating illness.

Obsessive Skin Pickers Anonymous is a fellowship of people who seek to recover from Excoriation Disorder (Skin Picking) by working the Twelve Steps and Twelve Traditions as adapted from AA. We seek abstinence from obsessive or compulsive skin picking, and physical, emotional and spiritual recovery. The only requirement for OSPA membership is the desire to stop picking. OSPA is entirely self-supporting relying only on contributions from individual members and is free to all who need it. OSPA welcomes those with the related disorders of Trichotillomania (hair-pulling), and self-mutilation disorders.

Many of us who have now found OSPA truly thought we were the only ones in the world who engaged in this form of self-destructive behavior.

We seek to eliminate the shame we have felt due to this disorder by lifting each other up with love and understanding.

Welcome to OSPA – You are no longer alone!

Thank you _____.

OSPA is a 12 Step oriented fellowship. Would someone like to volunteer to read the 12 Steps of OSPA?

The 12 Steps of OSPA:

1. We admitted we were powerless over skin picking - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power as we understood that Power.

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove all these defects of character.
7. Humbly asked our Higher Power to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power as we understood that Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other skin pickers, and to practice these principles in all our affairs.

Thank you _____.

OSPA is also based on the 12 Traditions. As this is the ___ month of the year, would someone like to volunteer to read the ___ Tradition of OSPA?

The 12 Traditions of OSPA:

1. Our common welfare should come first; personal recovery depends on OSPA unity.
2. For our group purpose there is but one ultimate authority - a loving Higher Power as may be expressed through our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for OSPA membership is a desire to stop skin picking.
4. Each group should be autonomous except in matters affecting other groups or OSPA as a whole.
5. Each group has but one primary purpose - to carry its message to the skin picker who still suffers.
6. An OSPA group or OSPA as a whole ought never to endorse, finance, or lend the OSPA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.

7. Every OSPA group ought to be fully self-supporting, declining outside contributions.
8. Obsessive Skin Pickers Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OSPA as such ought never to be organized; but we may create service boards or committees directly responsible to those they serve.
10. Obsessive Skin Pickers Anonymous has no opinion on outside issues; hence the OSPA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Thank you _____.

[If 2nd week of the month, speaker meeting]: On the second week of the month, we have the main share. This week _____ has come to share their experience, strength and hope for 15 minutes. Would someone volunteer to be the timekeeper?

Sharing: We have now come to the sharing portion of our meeting. Everyone is invited to share but no one is obligated to do so. Please avoid "Cross-Talk" and interruptions during the meeting. "Cross-Talk" is defined as commenting on a person's share, offering feedback, or interrupting them during their share, including in the online chat box. We do ask that you refrain from the use of any graphic descriptions of picking episodes or acting-out behaviors so that others aren't triggered during the meeting.

We will have a timekeeper during this meeting, which is a service position that keeps track of each person's share up to two minutes. If someone is exceeding their allotted speaking time, the timekeeper will give a gentle reminder, "time is up," to let the speaker know they should finish their thought. **[If NOT the 2nd week of the month]:** Would someone volunteer to be the timekeeper?

[Topic meeting] - The topic which was selected at the previous meeting is ONE DAY AT A TIME. You are welcome to share on this topic or on any other matter which may concern you.

[Speaker meeting] – ask the sharer if they are happy with direct references to their share. You are welcome to share on the main share or any other matter which may concern you.

We use the hand-raising feature for sharing. If you'd like to share, please click on the hand under reactions or in the participants tab, and the host will type in the chat the order for sharing to let everyone know who is up next. Please do not lower your hand until you are done sharing. If you do not see this feature, you can chat to the host that you would like to share. If you are on the phone, you can press *9 to raise and lower your hand. We will

offer time after the formal meeting for any additional shares.

The meeting is now open for sharing.

[Members take turns sharing until about 5 minutes before the meeting ends.]

That is all the time we have for sharing.

The 7th Tradition: Our 7th Tradition states, "Every OSPA group ought to be fully self-supporting, declining outside contributions." This means OSPA depends only on the contributions of its members for support. OSPA has no dues or fees, but our Fellowship does have expenses. As this is an online meeting, we do not pass a physical basket, but instead, request you visit the Donate section of our website at osparecovery.org.

Our business meeting is held on the 3rd Sunday of the month after the regular meeting.

Our Intergroup meeting is held on the 1st Sunday of the month after the regular meeting.

Are there any OSPA related announcements?

Would someone like to volunteer to read the Promises from the Big Book of Alcoholics Anonymous?

The Promises of Alcoholics Anonymous

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Thank you _____.

[The brief excerpt from Alcoholics Anonymous is reprinted with permission of A.A. World Services, Inc. Permission to reprint the excerpt does not imply an affiliation with or an endorsement by Alcoholics Anonymous.]

Please remember this is an Anonymous program: "Who you see here – What you hear here – When you leave here - Let it stay here." This is to remind us all not to share members'

names or discuss the details of this meeting outside of the meeting.

We will now **CHOOSE A TOPIC** for next week [**except when next week is speaker**], for all members to think about during the week and share about at the following meeting if you wish to.

We welcome all members to share their contact information after the meeting in the chat box if they are available for outreach calls and/or willing to sponsor. Everyone is also welcome to stay on afterwards for conversation and support.

After a moment of silence for the skin picking addict who still suffers both in and out of these rooms, please join me in the OSPA Prayer, a non-denominational prayer to a Higher Power of your choice:

OSPA Prayer

*As joined our hands of many shapes
So join our hearts of many faiths
And lift our eyes from suffering
So blindly trusting following*

*You lead from dark paths of despair
To the sunlit highway where
In your name we humbly pray
And thankfully receive your Grace.*

The meeting is now closed.

[End of Meeting]

OSPA Sunday Business Meeting Agenda
3rd Sunday of the month

Zoom (continued after the Sunday meeting)
Sunday, _____ (date)

1. Call meeting to order: _____ EST.
2. Open with the “we version” of the Serenity Prayer:
*God, Grant us the Serenity to
Accept the things we cannot change
Courage to change the things we can
and Wisdom to know the difference.*
3. Decide on the approximate duration of the meeting _____.
4. Timekeeper volunteer _____.
5. Approval of the last month's meeting minutes _____ (date)
6. Electing monthly service positions for the next month _____ (date).

Call for volunteers:
 - a. Meeting Chair _____
 - b. Meeting Host _____
 - c. Speaker Seeker _____ (due date) _____.
 - d. Screen Sharer _____
7. Review and elect quarterly service positions:
 - a. Business Meeting Chair _____ (start date) _____.
 - b. Business Meeting Secretary _____ (start date) _____.
8. Unfinished Business - Items for Discussion.
9. New Business – Items for Discussion.
10. Next Business Meeting Date _____ and Time _____.
11. Items to be Carried Over to the Next Business Meeting.
12. Close the meeting with the “we version” of the Serenity Prayer.
13. Meeting conclusion time _____.